

March 2009

THE FRUIT AND VEGGIE BUZZ

The Newsletter for the Fresh Fruit and Vegetable Program in Indiana

Volume 4, Issue 3

March is

National Nutrition Month® for
classroom activities visit
[http://www.eatright.org/cps/rde/
xchg/ada/hs.xsl/NNM_2007_home
.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/NNM_2007_home.htm)

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FFVP 2009-2010 APPLICATION

The Fresh Fruit and Vegetable Program (FFVP) provides all children in participating schools with a variety of free fresh fruits and vegetables throughout the school day. In order to qualify, schools selected for the FFVP must:

- be an elementary school
- operate the National School Lunch Program
- submit an application for participation in the FFVP
- have 50% or more of its students eligible for free/reduced price meals

For more information and to begin the online application process, visit [http://www.doe.in.gov/food/freshfruit veg_program.html](http://www.doe.in.gov/food/freshfruit_veg_program.html). You are highly encouraged to organize your answers on the [school action plan template](#) prior to beginning the online application process. Only one application per school building may be submitted. All applications need to be post marked by March 31, 2009. This is a competitive program, and a limited number of schools will be chosen based on funding.



Indiana's Local Farms and Farmer Markets

Looking for local farmers and farmer markets in your area? Use the MarketMaker to locate your local farmers and farmer markets. On the MarketMaker main page, click begin search. On the MarketMaker search page, you will be able to use Google to search all MarketMaker sites within Indiana. You can use the find a business tool to locate the type of business, location, and other parameters. The MarketMaker website also contains related websites, factsheets, publications, and news feed. You can find the MarketMaker by going to <http://in.marketmaker.uiuc.edu/>.



You can use the Local Harvest website to find local farms and farmer markets in your area. On this website, click the farms' tab to find a local farm. You can type in your zip code which will create a list of local farmers within that zip code. You can narrow your search by typing in the type of product/description/name that you are looking to purchase. It also gives you the ability to search for local farmer markets, grocery/co-ops, and online stores! You can find the Local Harvest website by going to <http://www.localharvest.org/>

Healthy Hoosier School Award

The Healthy Hoosier School Award has been extended to March 31, 2009. There is still enough time to get your applications turned into the Department of Education. FFVP schools are great examples of the Healthy Hoosier School Award recipients placing high priority on teaching students life-long healthy habits. Take this opportunity to fill out an application at: <http://www.indianaactionforhealthykids.org/>



Fruits and Veggies More Matters

Want to keep informed on what is happening with the Fruits and Veggies More Matters? Sign up to receive bi-weekly e-mail updates sent directly to your e-mail account. These updates give you easy, practical ways to pack more healthy eating into your day. The updates have time saving tips and the latest nutrition information. You will receive information on the best way to shop and prepare tasty foods. Go to the link below and sign up today.



Source: http://www.fruitsandveggiesmorematters.org/?page_id=89

FFVP School Makes Local News!

Mollie B. Hoover Elementary School made headlines in February by selling fruit and vegetable grams for Valentine's Day. The fruit and vegetable grams sold for \$.10. All the proceeds were donated to the Friendship Kitchen in Montgomery County. The Friendship Kitchen assists those in the community that are in need of meals. The school raised \$41.10 for the Friendship Kitchen. "It was a great way to celebrate Valentine's Day and raise money for a good cause," Angie Frost (FFVP manager) said. This is an excellent example on how to raise money and help promote the fresh fruit and vegetable program in your school while promoting a healthy alternative to candy during Valentine's Day celebrations.

Source: <http://www.thepaper247.com/main.asp?SectionID=23&SubSectionID=22&ArticleID=19275&TM=9050.079>

What's Happening at... Fairview Elementary

Fairview Elementary got excited and creative for Valentine's Day this year. The foodservice staff created fruit bouquets for each classroom. These fruit bouquets included pineapple, blueberry, star fruit, and strawberries. The kids loved getting these fruit bouquets for Valentine's Day! One bouquet was made for each classroom with one fruit flower for each student and teacher. Not only did the kids really enjoy the fruit bouquets, but the teachers enjoyed them so much that they were going to try them at home with their kids. Some classrooms were so appreciative for the bouquets that they sang a thank you song to the foodservice staff for the bouquets, or created thank you cards for all their hard work. Way to go Fairview Elementary! What a great way to be creative with the fresh fruit and vegetable program.



E-mail your school's success stories, and it may be featured in the next issue of The Buzz.



The Team Nutrition E-Newsletter is published periodically to share Team Nutrition resources developed by USDA and/or State agencies and to share ideas for promoting healthy eating and physical activity through Team Nutrition at the State and local levels. Subscribe to the Team Nutrition E-Newsletter and receive monthly E-Newsletter's via e-mail. This E-Newsletter has great resources for your school. Check out February's E-Newsletter. The Indiana Department of Education made the E-Newsletter with their nutrition lessons which are posted on the Indiana Department of

Education website. Check out the great Instructor's Guide for "Fruits and Vegetables Galore" which was developed by North Dakota, Department of Public Instruction. It gives many ideas and lesson plans for teaching children about healthy eating and ways of adding more fruits and vegetables to school meals. Handouts, activities, and PowerPoint presentations are a few tools created to help your school encourage students to eat more fruits and vegetables.

Source: http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=3&tax_subject=526&topic_id=2113&level3_id=6562&level4_id=0&level5_id=0



Name _____

My Fruit and Veggie Snack

1. What did you have for your school snack today?

2. Was it a fruit or a vegetable?

3. How did it taste?

4. What was the texture?

5. What color was the outside?

6. What color was the inside?

7. How does it grow? Circle the answer.

under the ground above the ground on a vine on a bush in a tree

8. Does it have vitamin A?

9. Does it have vitamin C?

10. Does it have fiber?